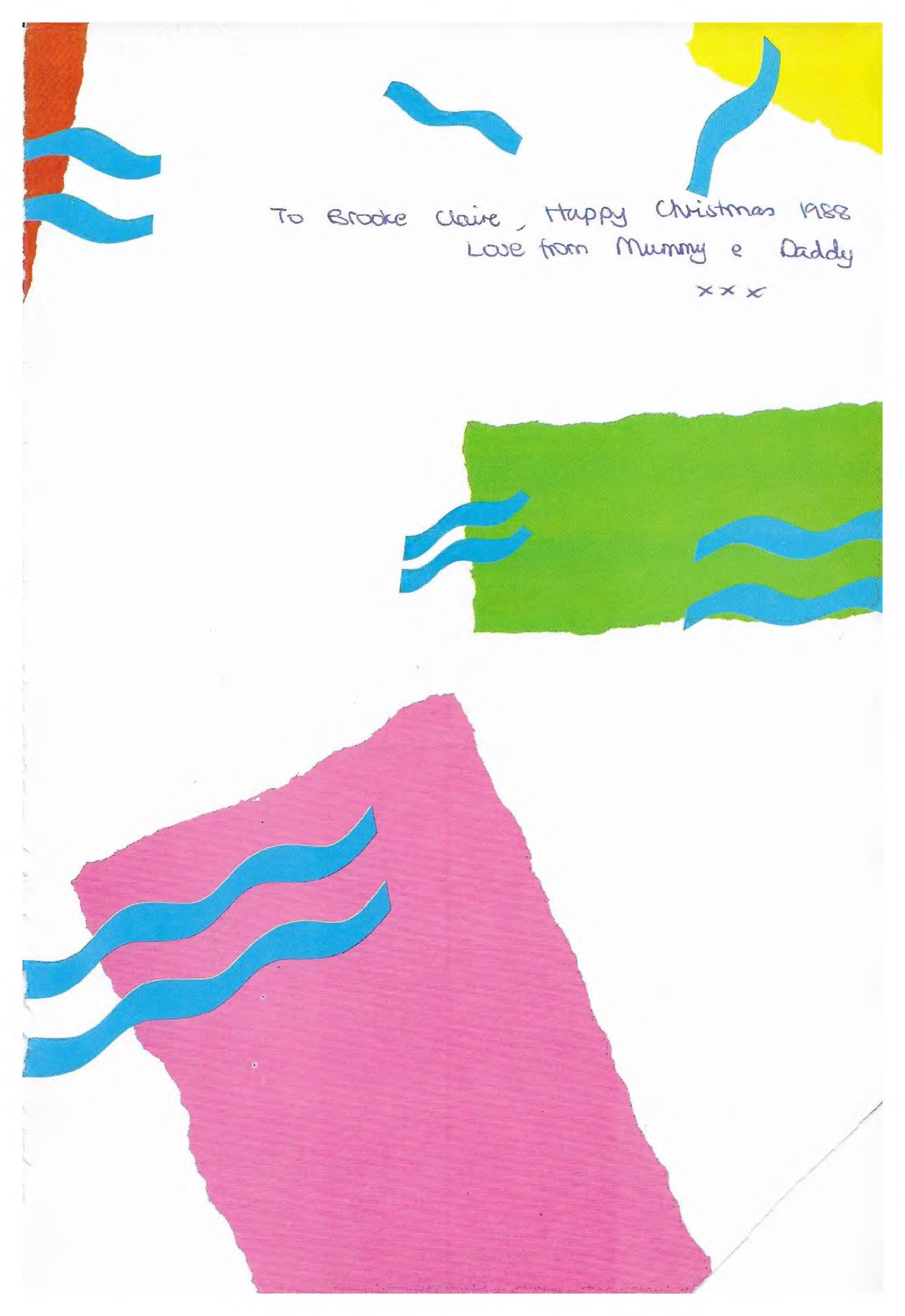


# Sindy<sup>®</sup>



## YEARBOOK 1989





To Brooke Claire, Happy Christmas 1988  
Love from Mummy & Daddy

x x x

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Designed and produced by

WFM Design Consultants, Bath.

Published by

GRANDREAMS LTD.,

Jadwin House,

205/211 Kentish Town Road, London NW5



**Sindy<sup>®</sup>**

**YEAR BOOK**

**1989**

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# INTRODUCTION

Welcome to my Year Book!

*It's packed with everything I hope you'll love, from fashion tips and famous faces to puzzles and projects.*

*There's a year-round exercise programme, plus lots more for you to do, from making your own skin toner to designing Sindy stage clothes!*

*There are brain-teasers, Chinese horoscopes and lots more — in fact it's a year-round entertainment.*

*There's even a four-part diary to be found in each of the seasonal sections of the Year Book.*

*Yes, this volume's for keeps!*



# Spring is here!



**Yes, Spring is here, and that means energy, colour, sun, fun and bright clothes!**

*Isn't it wonderful how, once February is past, the sun shines a little more brightly and everything begins to blossom?*

*Buds appear on the trees and early flowers unfurl in the garden. As the days get warmer, it's time to plant a selection of seeds. Everyone can have a window-box and it's a perfect place to cultivate a little herb garden for your natural beauty products (You'll find my selection of recipes on pages 26 & 27) . . .*

*It's an excellent time, too, to begin a new work-out routine. I don't know about you but I always feel more lively at this time of year! So I've devised a wake-up selection of exercises for the spring months. You'll find them on pages 16 & 17.*

*One of the nicest things about Spring is the Spring Fashion Collections! Of course, we can't all afford to fly over to Paris — but we can watch out for reports of the latest designs and plan our own versions . . .*

*Spring outings needn't mean boring snacks or sandwiches. Take a tip from me — nuts, fresh coconut and sunflower or pumpkin seeds make a tasty and nutritious alternative to sweets or crisps. For sandwiches with a difference, try tomato and cheese with grated carrot, or chicken with coleslaw.*

# Spring Diary

Fill in important dates —  
Mother's Day, Easter and  
holidays, plus family and  
friends' birthdays . . .

## MARCH

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## APRIL

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# Pop Gossip!

## GEORGE MICHAEL

When you start having hit records around the world the fans in all of those different countries want to see you in concert. This means months of travelling. But for George Michael it is a bit nerve-racking.

"I'm really a bit of a home bird," he says. "It's not that I don't enjoy meeting and playing for the fans. I do! But it's the staying in hotels and all of the travelling that I don't like. After a while every place looks the same because one hotel room is much like any other!"

## MADONNA

The Queen of pop music, Madonna, is such a talented lady that she never seems to have enough challenges to test herself. Now she says: "Someday I would like to be able to work on the other side of the camera directing films instead of starring in them. Ideally I want to act, direct and sing, as well as lots of other things. I just have so much energy that most people seem to have a problem keeping up with me!"

## CLIMIE FISHER

Rob Fisher of pop duo 'Climie Fisher' says that there is one thing he dreads, "Going to get my hair cut! There are few people who've ever done it right. A girlfriend of mine used to do it and she made such a mess of it I was embarrassed to go out anywhere!"

## MICHAEL JACKSON

Now that Michael Jackson has bought a new home which is set in twenty three acres of land, it seems that he would like to expand his collection of animals.

He had to move his 'private zoo' from his other house because neighbours complained of the smell, but now he has the opportunity to really let himself have some fun.

The word is that he would love to own an elephant and some of the cat family to add to the llama, chimpanzee and snakes that he already keeps. Just so long as he doesn't decide to take them all on tour with him!



Do you fancy your chances at being a pop mastermind. Then see how you do on this quiz to test your brains to the limit!



## BROS

Being famous does not necessarily mean that you have an easy life, despite all the money that pours in from record royalties around the world!

'Bros' are finding that their freedom is now something that they can't keep so easily. "Everytime we go out we're mobbed," they say. And even if they fancy a quiet meal in a restaurant or a night out on the town, then boyfriends of their girl fans get mad at them because of the attention that they receive from the girls.

It might sound like fun being a pop star, but there are problems as 'Bros' are finding out!

## FIVE STAR

What do you think of those really slick dance steps that 'Five Star' do? Well they aren't something that can just be worked out in a few minutes. It takes a lot of planning. Doris, who is responsible for organizing the footwork says: "Sometimes the idea for the dance comes to me quite quickly, but if it is a

## SINITTA

Just because you are a star yourself doesn't mean that you don't freeze when you come up against one of your own favourite people, as Sinitta well knows!

"I had to do this American television show," she says, "and interview one of the 'Supremes', who were the top American group in the 1960s. I just clammed up and couldn't think of anything to say. Luckily Lee John of 'Imagination' was on the show and he stepped in with some questions. If I ever met my hero, film star Robert de Niro, I don't know what I'd do!"

complicated routine then I could be planning it for several days. I don't just create a dance, I listen to the words of the song and then try to illustrate them through the dance too.

"But the rest of the group are quick learners, and we can usually have the steps as near as perfect in a day or so!"

1. Who reached the top of the charts with 'Whenever You Need Somebody'?
2. Which girl singer appeared in the film 'Shanghai Surprise' with her husband?
3. Of which group is Carol Decker the lead singer?
4. What is the name of Michael Jackson's pet chimpanzee?
5. Who 'introduced the hard line'?
6. Do 'A-ha' come from Sweden, Norway or Denmark?
7. What is 'Bros' short for?
8. Who thought she should be so lucky?
9. Annie Lennox and Dave Stewart belong to which group?
10. Which famous singer had to cancel concerts in Australia because he lost his voice and hurt his back?

Answers on pages 60-61.

# MAKE IT!

MAKE THIS SIMPLE KIMONO  
FOR SINDY—SHE'LL LOVE IT!

You will need:

A piece of material, cotton,  
a needle and a pair of  
scissors (Ask an adult to  
help you cut the material).

1. Cut out the pattern along  
the thick black line (if you  
don't want to cut your

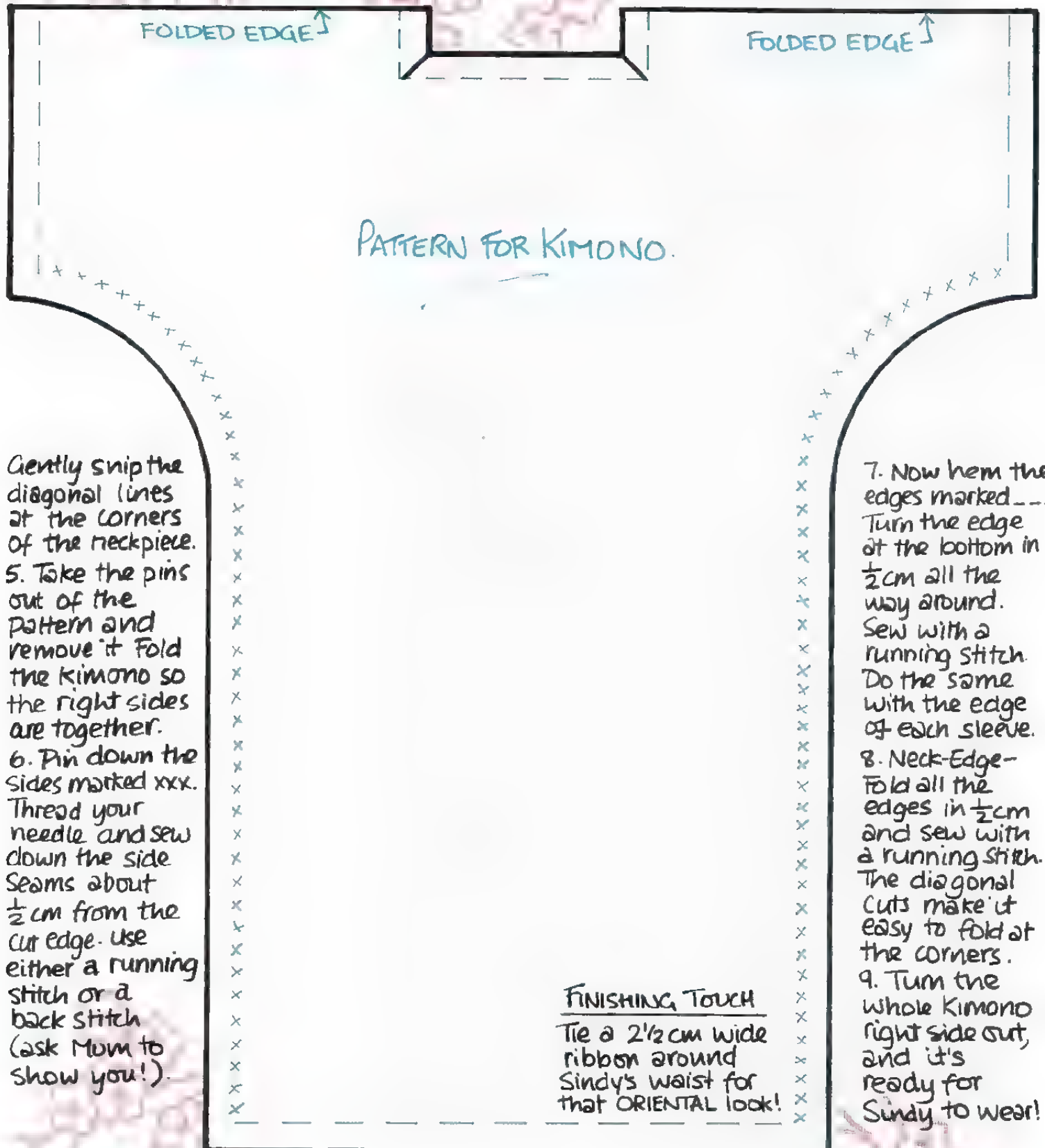
Year Book, then trace  
the pattern and cut it  
out of tracing paper  
instead).

2. Find a piece of brightly  
coloured material about  
45cm long and 22cm wide.  
Fold it in half.

3. Place the pattern on the

material, with the top edge  
on the fold of the material.  
Pin carefully in place all  
round the edge.

4. Cut around the pattern  
down the 2 sides and  
across the bottom—  
DO NOT CUT ON FOLDED  
EDGE, except the neckpiece



Gently snip the  
diagonal lines  
at the corners  
of the neckpiece.

5. Take the pins  
out of the  
pattern and  
remove it. Fold  
the kimono so  
the right sides  
are together.

6. Pin down the  
sides marked xxx.

Thread your  
needle and sew  
down the side  
seams about  
 $\frac{1}{2}$  cm from the  
cut edge. Use  
either a running  
stitch or a  
back stitch  
(ask Mum to  
show you!).

7. Now hem the  
edges marked ---

Turn the edge  
at the bottom in  
 $\frac{1}{2}$  cm all the  
way around.

Sew with a  
running stitch.  
Do the same  
with the edge  
of each sleeve.

8. Neck-Edge—  
Fold all the  
edges in  $\frac{1}{2}$  cm  
and sew with  
a running stitch.  
The diagonal  
cuts make it  
easy to fold at  
the corners.

9. Turn the  
whole kimono  
right side out,  
and it's  
ready for  
Sindy to wear!

## FINISHING TOUCH

Tie a 2½ cm wide  
ribbon around  
Sindy's waist for  
that ORIENTAL look!

龍

# CHINESE HOROSCOPES

The Chinese think the way we are depends on the year we were born.

Read on to find out whether you're a Horse, a Pig, or a Monkey!

You probably know that the Chinese New Year comes after ours (between 21st January - 20th February). Each year has a name — and each person belongs to the sign of the Chinese year in which they're born.

Read on to find out which sign you belong to and how soon it will be your year. After the Chinese New Year in 1989, it's the Year of the Snake — good news for all of you born in 1977!

## RAT

1972	1984	1996
------	------	------

*Yours is the sign of **Charm**. You're lively, bright and full of ideas. You don't always carry them out though! You love the good things in life and bring luck to your friends. Take care not to be too aggressive.*

Keep company with Dragons, Monkeys.

Take care with Horses, Hares.

## BUFFALO

1973	1985	1997
------	------	------

*Your sign stands for **Balance** and **Persistence**. You're sincere, patient — and obstinate. You like to be alone and have a small circle of friends. You're independent, active and hard working but you tend to be a bad sport! This is because you*

*hate failure.*

Keep company with Roosters, Snakes, Rats.

Take care with Monkeys, Goats, Tigers, Horses.

## TIGER

1974	1986	1998
------	------	------

*Yours is the sign of **Courage**. You enjoy taking risks and don't like others to interfere. You're generous, bright and sincere and like others to think well of you. Take care not to show your ill temper!*

Keep company with Horses, Dogs, Dragons.

Take care with Snakes, Buffaloes, Monkeys, Cats.

## CAT

1975	1987	1999
------	------	------

*You are born under the sign of **Virtue**. You are prudent and hate change, preferring calm and comfort. You are gentle and reserved, with a good memory. Take care your hesitancy doesn't cause you to miss chances.*

Keep company with Goats, Dogs, Pigs.

Take care with Roosters, Rats, Tigers, Dragons.

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# CHINESE HOROSCOPE

## DRAGON

1976      1988      2000

*Yours is the sign of **Luck**. You're successful, determined and full of life, ready to fight for what you want. You follow your own judgement — and tend not to agree with your elders! You love company and tend to be in too much of a hurry.*

*Keep company with Rats, Roosters, Monkeys.*

*Take care with Tigers, Buffaloes, Dogs.*

## SNAKE

1977      1989      2001

*You are born under the sign of **Wisdom**. You are stable, bright and love to organise things. You're calm, stubborn and can't listen to advice! You have good taste and are sociable, liking the good things in life.*

*Keep company with Roosters, Buffaloes.*

*Take care with Tigers, Pigs, Snakes.*

## HORSE

1978      1990      2002

*Yours is the sign of **Elegance and Emotion**. You're lively, quick-tempered and kindly. You love journeys and change, and can be impatient. You make friends easily and like to be helpful. You tend to talk to much though, and can't keep secrets!*

*Keep company with Goats, Tigers, Dogs.*

*Take care with Rats, Monkeys, Buffaloes, Horses.*

## GOAT

1979      1991      2003

*Your sign stands for **Art**. You are easy-going, adaptable and artistic. You're a perfectionist and love beauty. You can be irresponsible though, and will do anything for a quiet life.*

*Keep company with Cats, Pigs, Horses.*

*Take care with Rats, Buffaloes, Dogs.*

龍

# CHINESE HOROSCOPES

## MONKEY

1980 1992 2004

You were born under the sign of **Fantasy**. You enjoy bustle and movement and jokes — unless they're at your expense! You're agile and lively and like competition. You're clear-thinking and inventive but too interested in other people's affairs!

Keep company with Dragons, Rats.

Take care with Tigers, Horses.

## ROOSTER

1981 1993 2005

Yours is the sign of **Candour**. You're honest, bright and a thinker. You like parties and can be a little vain. You're also generous and have a gift for friendship. You can be secretive though, and love to gossip.

Keep company with Buffaloes, Snakes, Dragons.

Take care with Cats, Dogs, Roosters.

## DOG

1970 1982 1994

Your sign stands for **Loyalty**. You are honest and active and admired by your friends. You are a good listener but can be obstinate. You are ambitious, can be extravagant and love luxury. Try to be more patient!

Keep company with Horses, Tigers, Cats.

Take care with Dragons, Goats, Roosters.

## PIG

1971 1983 1995

Yours is the sign of **Honesty**. You are straight-forward and hate disputes. You don't give much thought to the future and you're not very sociable, with a rather suspicious nature. You love discussion and are tolerant, not malicious.

Keep company with Cats, Goats.

Take care with Snakes, Monkeys.

# Get in Shape for SPRING



It's Spring- when flowers begin to blossom and we begin to emerge from our thick Winter clothes.

Now's the time to start an exercise routine to firm and tone your muscles!

Work out a routine with these simple exercises, remembering to warm up first and cool down at the end.

Choose some lively music and try to work out three or four times a week.

### WARMING UP

Lie on your back, with your arms above your head and your knees bent, so that your feet are on the floor.

Breathe in and out deeply, keeping your tummy pulled in and your spine pressed towards the floor. Repeat 4 times.

Breathe out and pull your knees towards your head. Return to first position and breathe out. Repeat 4 times.

### LEG TRIMMER

Lie on your left side, resting the top part of your body on your right leg. Lift your straight leg, keeping it straight and turning your toes towards the floor. Lift and lower leg 4 times, working up gradually to 12 times. Roll onto your right side and repeat the exercise with the left leg.



### ROCK AND ROLL

To trim your behind, sit on the floor with your head up and your back straight. Bend your knees and place the soles of your feet together, pulling your feet towards your body. Grasping your ankles, push your knees gently outwards towards the floor. Holding your feet, roll your bottom from side to side in a rocking motion. Rock gently like this for around 30 seconds.

### COOLING DOWN

Relaxing after an exercise session is important. Don't be tempted to skip this part but give your body the chance to cool down slowly.

Lie on the floor and place your fingertips on your stomach. Close your eyes, breathe deeply and relax....

Now breathe in slowly, hold your breath and move your fingertips to rest on your forehead, so that your hands lightly cover your eyes. Breathe out, move your hands back to your stomach and repeat the sequence 8 times.

# SINDY'S COLOUR CODE

Did you know your favourite colour says a lot about your character?

Choose your favourite shade and read on to find out what this tells about your mood of the moment ...



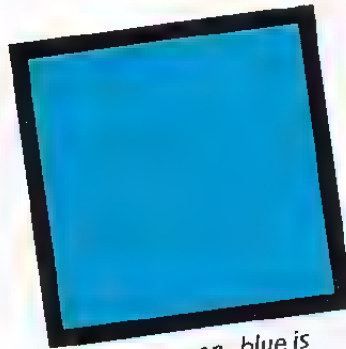
**Green** Perhaps you've been overdoing things, as green is often chosen by those looking for peace and relaxation. Those who love green are determined, patient, serious and dependable, and love harmony.



**Indigo** You're feeling creative and artistic and even if you don't create anything beautiful yourself, you love to look at beautiful objects. Your home and family are important to you.



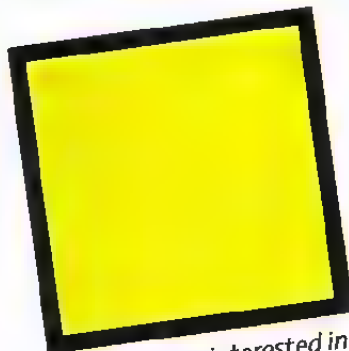
**Orange** A favourite colour for those in a high-spirited mood, who are peace-loving at the same time. You're feeling cheerful and love life, and a sense of freedom is important to you.



**Blue** Like green, blue is chosen by those in need of peace. It's also a favourite of those who are curious and learn from life and who are very adaptable.



**Red** Choose this and you're in an out-going, energetic mood! Red stands for energy and excitement and is the favourite for those who like to lead and hate to be told what to do!

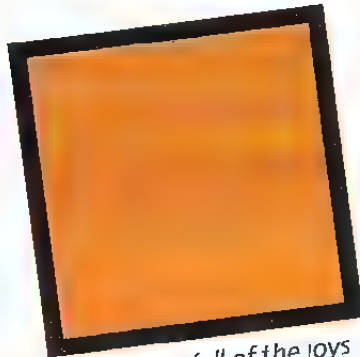


**Yellow** You're interested in ideas rather than action, and spend a lot of time daydreaming, preferring this to reality! You're pleasure-loving, enjoy variety and in the mood for company.





**Rose Pink** You are feeling a need for security and may be suffering from tension. Be careful not to upset others with your impatience, as you try to get your way, convinced you're right!



**Gold** You're full of the joys of life! Your cheerfulness and affectionate nature will draw others towards you, as they try to share your happiness.



**Violet** You are in a quiet, inward-looking mood, preferring to sit and think about life, rather than mix with your friends. Your sensitivity means you have a good understanding of others.

## COLOUR BY NUMBERS

You can find your own personal colour by doing a simple sum ...

Each colour has a number, which also stands for letters in the alphabet. To find your personal colour, look at the chart below:

Colour	Number	Letters
Red	1	A I S
Orange	2	B K T
Yellow	3	C L U
Green	4	D M V
Blue	5	E N W
Indigo	6	F O X
Violet	7	G P Y
Rose	8	H Q Z
Gold	9	I R

Now write out your name. Underneath each letter in your name, write the number in the same row in the chart. For example, Sindy looks like this:

S I N D Y

$$19547 = 26 = 8$$

When you have written all the numbers for your name, add the numbers together, so that you have a total. Sindy's total is 26. Add this number together so that you have a single figure. Sindy's is 8.

Now look back to the chart and find out which colour is against your number. Sindy's colour is rose.



# SPRING-CLEAN CHAOS!

***Sindy has been spring-cleaning her wardrobe and has put her accessories into a big pile.***

Can you help her match each pair of shoes with a bag and hat?



**Now help her to decide which set of accessories she would wear for each of the following occasions:**

- a: An invitation to Ascot;  
b: A lunch date in Paris;  
c: Sightseeing in Rome.***

**Answers on pages 60-61.**

Kylie Minogue is one of Australia's big stars, becoming known worldwide for her hit single 'I Should Be So Lucky' which was produced by Stock, Aitken and Waterman, and also for her role in the television show 'Neighbours'.

She started her acting career at 11, playing Carla in the Australian television show 'The Sullivans' and also appeared through her school, in 'Skyways' with her co-star in 'Neighbours' Jason Donovan.

Kylie did quite well at school even though her acting sometimes interfered with work. Her best subject was 'Human Development and Society'! After school she was all set to do a secretarial course, but then 'Neighbours' came along and the choice was easy!

Working on 'Neighbours' is very tiring. Kylie is up at 5.30 am to have her make-up done. Rehearsals and filming take place throughout the day, then it is home to Mum (Carol), Dad (Ron) and the dog (Gabby)! to learn the lines for the next day.

In 'Neighbours' Kylie plays Charlene, a very loud-mouthed teenager, unlike Kylie.

"I have my quiet, shy side," she says. "I don't think Charlene really does have a shy side. But she's an average teenager, who has problems with her family, her boyfriend and with getting her career started." This, believes Kylie, is why we like Charlene so much.

# PROFILE

Kylie Minogue



Kylie has managed to earn herself the nick-name of 'Bruiser'. This was because of a scene she did in 'Neighbours' where she had to punch Scott. She was not really supposed to hit him but she did and he was knocked out!

As for romance, to rumours about her and Jason Donovan (who plays Scott) Kylie says: "We're good friends sure, after all we've known each other since I was 11, and it would be a disaster if we didn't get on well, but there's too much pressure on us for romance!" And as for anyone else, at the moment there is just no time in her busy life.

Kylie started her singing

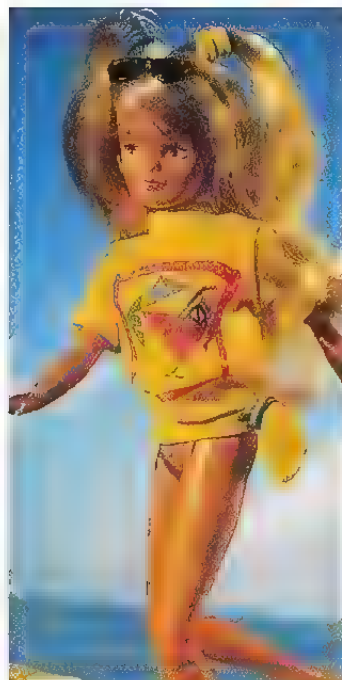
career when she felt the timing was right.

"I can understand people were going to be dubious and think 'oh yeah, a soapie star going off into music' but it wouldn't have happened if it didn't feel right for me!"

And she obviously made a good decision, her first single, a version of Little Eva's 'Locomotion', was at number one in Australia for seven weeks and, of course, 'I Should Be So Lucky' made her name famous everywhere.

In the future Kylie looks certain to have many more hits, and there is the possibility of some film roles too, she definitely has the talent, and we wish her well.

# Sensational Summer!



**Sun, sea and sand — it's heat and holiday time!**

*Fresh is my favourite summer word — fresh air, fresh fruit, fresh vegetables, fresh start with my beauty programme — all adds up to feeling fresh as a daisy!*

*Whether you're lucky enough to go abroad for your holidays or stay closer to home, you can still make the most of the long summer break.*

*Choose light colours and cool cottons for the hot days, and remember that white shows off your tan whilst you're out enjoying the lovely long evenings.*

*I love to be outside as much as possible in Summer, horse-riding, swimming, jogging — or just lying on a beach! Of course, I protect my skin and I never miss a chance to exercise out-of-doors. Try my summer exercise routine (pages 28 & 29) next time you're at the beach — you'll feel marvellous!*

*The herbs in your window-box should be ready to harvest soon; remember to give them plenty of water when it's dry. Use a little pinch of fresh herbs to flavour your salads, and try adding fruit to a savoury salad for a change . . .*

*Fruit makes an excellent packed lunch, either on its own or mixed into a fruit salad. Add diced fruit to natural yoghurt and keep some grapes in the fridge, as a healthy, refreshing alternative to ice lollies!*

# Summer Diary

Mark in any birthdays — plus holidays and outings! Don't forget the date you break up from school for Summer!

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## AUGUST

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# Holiday Count-down



**GET THE MOST  
OUT OF YOUR  
HOLIDAY BY  
BEING PERFECTLY  
PREPARED!**

Packing for your holiday is exciting — but it can be nerve-racking trying to remember everything!

If you're deciding how many outfits to pack, remember that most of us don't even wear half of what we take.

The night before you need to pack, lay out everything you'd like to take. Go back the next day and you'll find that with careful planning, you can discard at least half of what you first chose.

Go for versatile clothes — white jeans can be dressed up for evening wear with a smart belt and bright top, as well as for sight-seeing.

Be prepared for cool evenings and take a jumper and don't forget long-sleeved blouses to give you protection from the sun.

Follow this checklist to take the panic out of packing . . .

## **CLOTHES**

ROOMY NIGHTSHIRT (in case of tender shoulders from the sun)

COTTON UNDERWEAR  
COMFORTABLE SHOES  
FOR SIGHT-SEEING  
SMART SHOES FOR  
EVENINGS

BEACH SHOES

T-SHIRTS — white looks smart and can double for evenings; a giant T-shirt can double as a day-time dress.

SHORTS

JEANS — light colours can double for evenings

SKIRT — team with a bright T-shirt for evenings

SUNDRESS

JUMPER OR WARM  
SWEATSHIRT

LIGHT JACKET FOR  
TRAVELLING AND  
EVENINGS

STRAW HAT

## EXTRAS

**BOOK** for travel delays.

**BEACH BAG**

**BEACH TOWEL**

**SUNGLASSES**

**SUN PROTECTION**

**CREAM OR OIL** — take two strengths, one for maximum protection until you get used to the sun.

**AFTER SUN LOTION** — to moisturise and soothe your skin

**TRAVEL MIRROR**

**TOOTHBRUSH**

**TOOTHPASTE**

**FREQUENT WASH**

**SHAMPOO**

**CONDITIONER**

**GENTLE CLEANSER** — to cope with suntan oil, which can clog your pores.

**DEODORANT** — if you don't normally use one, you may need one because of the heat.

**CAMERA AND FILM** — don't run out!

**SKETCH BOOK** — try out your artistic talents!

**NAIL CLIPPERS**

**EMERY BOARD**

**COTTON WOOL** — for skin cleansing

**ADDRESS BOOK** — for all those postcards!

**HAIRBRUSH AND COMB**

**NOTEBOOK** — keep a diary of all you do.

## BEAUTY QUIZ

Test your beauty know-how with this fun holiday quiz!

Tick either 'True or False' after each of these statements, then check your answers with the solutions on pages 60-61.

1. When you're sunbathing any oil is a protection against burning.

True

False

2. If your skin goes pink after sunbathing, it means you're tanning well.

True

False

3. Sunglasses help to prevent wrinkles.

True

False

4. It's best to choose a light, flowery scent to wear on the beach.

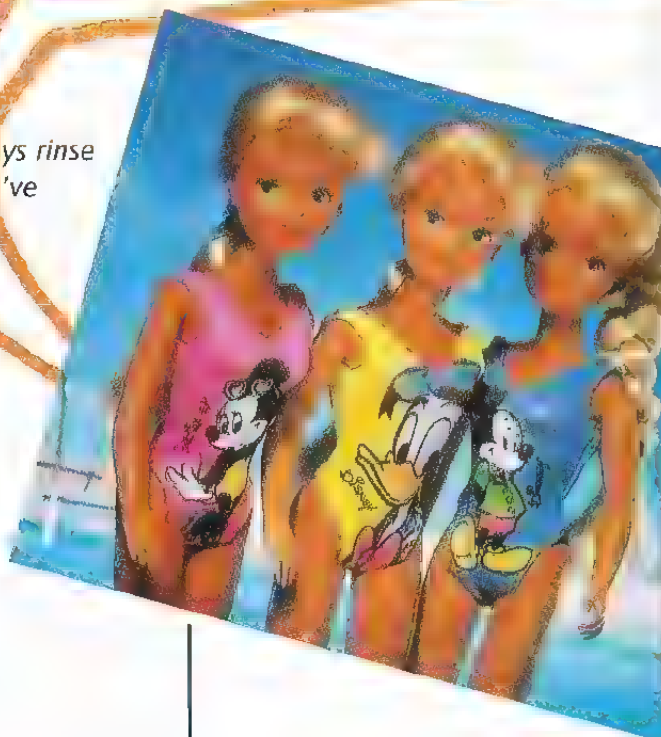
True

False

5. You should always rinse your hair after you've been swimming.

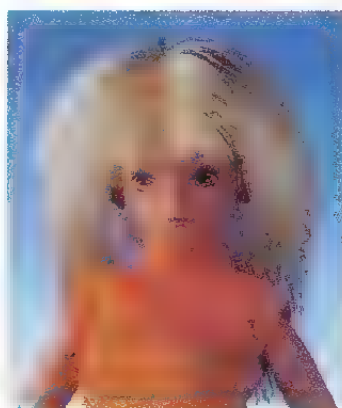
True

False



THE SINDY WAY TO

# "Natural Beauty"



*Sometimes we need a little help from Nature to make the most of the way we look.*

*Try these recipes for beauty. They're made from natural ingredients, so they don't cost the earth!*

## BEAUTIFUL HAIR

*Here are some natural ways to keep your tresses in tip-top condition...*

### AVOCADO CONDITIONER

*Before you shampoo your hair, give it an avocado treat!*

*The rich, creamy texture of the avocado is very good for your hair, especially if it tends to be dry.*

*Blend the flesh of half a large avocado with two tablespoons of warm olive oil.*

*Wet the hair, massage the mixture into the scalp and leave for ten minutes.*

*Now rinse and shampoo in the normal way.*

*Applying the conditioning mixture can be messy, so why not ask a friend to help? Then you can repay the favour and give her hair the beauty treatment, too!*

### PARSLEY RINSE

*No, this won't turn your hair green — it will give it a beautiful sheen!*

*Simply leave a tablespoon of parsley in a cup of boiling water for 15 minutes, then strain the liquid and when it's cool, add it to the final rinsing water for your hair.*

### LEMON-FAIR LOCKS

*If you have fair hair, fresh, strained lemon juice added to the rinsing water will bring out your natural highlights.*

*You can use lemon juice, too, as a setting lotion. Apply the juice while your hair is still damp, then use your hair twists or curlers in the normal way.*

*When your hair is dry, it will feel a little stiff, but brush it gently into shape and it will soften immediately, keeping your style longer.*

### ANTI-DANDRUFF SHAMPOO

*If you're troubled by dandruff, put on a pair of gloves and pick a bunch of young nettles!*

*Leave them in hot water for at least 15 minutes. When the mixture is cool, strain the liquid and set aside.*

*Beat two egg whites together with 1 tablespoon green soft soap (ask at your local chemist). Add 1 tablespoon of the nettle liquid.*

*Make this shampoo just before you are ready to use it and be sure to brush your hair well before you start.*

## FACE FACTS

*Sometimes our complexions need a little help, too...*

### LOOK GOOD ENOUGH TO EAT!

An apple face mask will give your face the perfect pick-me-up!

Blend together  $\frac{1}{2}$  apple (peeled and sliced) with 1 egg yolk, 1 tablespoon cider vinegar, 1 teaspoon honey and 3 tablespoons vegetable oil.

Smooth the mixture over your face and leave for ten minutes, before rinsing off with cold water.

The mixture will soothe and nourish your skin and it will feel so much better!

### CUCUMBER TONIC

Cucumbers help to soothe and cool. If you're feeling hot and bothered, wipe on a little cucumber tonic for instant refreshment!

Simply cut  $\frac{1}{2}$  cucumber into chunks and put into the liquidiser.

Strain the liquid for your cooling cucumber lotion!

Keep the lotion in the fridge, as it tends to go off quite quickly.

### CARROT AND TURNIP MASK

Raid the vegetable rack for this effective anti-blemish mask!

Boil 1 carrot and 1 turnip and when cool, mash them into a paste.

Apply for ten minutes, then rinse off with milk.

This will leave your skin feeling fresh and clean.

### POTATO CLEANSER

This is a simple beauty treatment which also helps to get rid of blemishes.

Scrub clean a medium-sized potato, then slice it in half and run the cut side over your face.

Much better for your complexion than greasy chips!

### ROSE HIP EYE SOOTHER

Gather rose hips in the autumn to make this soothing compress that will banish puffy eyes.

Pound ripe rose hips with a little water, then put a little of the mixture between pieces of muslin.

Place over the eyes and sit or lie with your head back for ten minutes.

Or cheat and use rose hip herbal tea bags! Soak them in hot water for three minutes, then leave to cool.

## BEST FEET FORWARD

*Your feet work hard all day, carrying you around. Treat them to a little luxury...*

### MINTY FOOT BATH

Add one tablespoon chopped fresh mint to 4-5 pints boiling water.

Allow to stand for 15 minutes, then strain and use while still warm. Leave your feet in the liquid for 20 minutes.

Now, don't they feel refreshed?

### ALL-OVER RUB

Refresh yourself all over at bath time with this rosemary bath rub!

Finely crush some fresh rosemary leaves, then mix them with a handful of oatmeal. (Oat flakes won't work!)

Put the mixture in a muslin bag and tie the top tightly.

At bath time, wet the bag and while you stand in the bath, rub yourself all over with the bag. Be quite firm to get your circulation going — but don't scrub too hard!

This is especially good if you have oily skin.

*Some of these recipes need boiling water, or the use of a liquidiser. Always ask a grown-up to help, to avoid accidents.*

# Get in Shape for SUMMER



Exercise is easiest in Summer, when it's warm enough to practise your routine outside - or even on the beach!

Outdoor exercise brings the bonus of fresh air - and if you're lucky enough to find yourself on the beach, firm sand is ideal for bare-foot workouts.

Follow this simple routine and you'll soon see an improvement in the way you look in your Summer clothes.

Take care to warm up first and make sure you don't push yourself too hard!

### WARMING UP

Stand straight, feet apart, arms at sides. Swing arms up to cross over the top of your head, then down to cross behind your back. Return to starting position. Swing your arms from side to side like a pendulum, getting higher with each swing.

Continue until you carry the swing right over your head and down in a big circle.

Repeat 10 times, and then in the other direction.

With legs straight, swing your left arm over your head, sliding your right hand down your right leg. Do 10 swings to each side.

### STARFISH JUMPS

Jump up and open your legs, at the same time swinging your arms above your head. Land with your feet apart and your arms together above your head.

Jump up again and land with your feet together and your arms back down at your sides.

Repeat, building up the number of repeats to 10.

### BEACHBALL BOUNCE

Place a beachball in a clear space, and stand beside it, with your feet together.

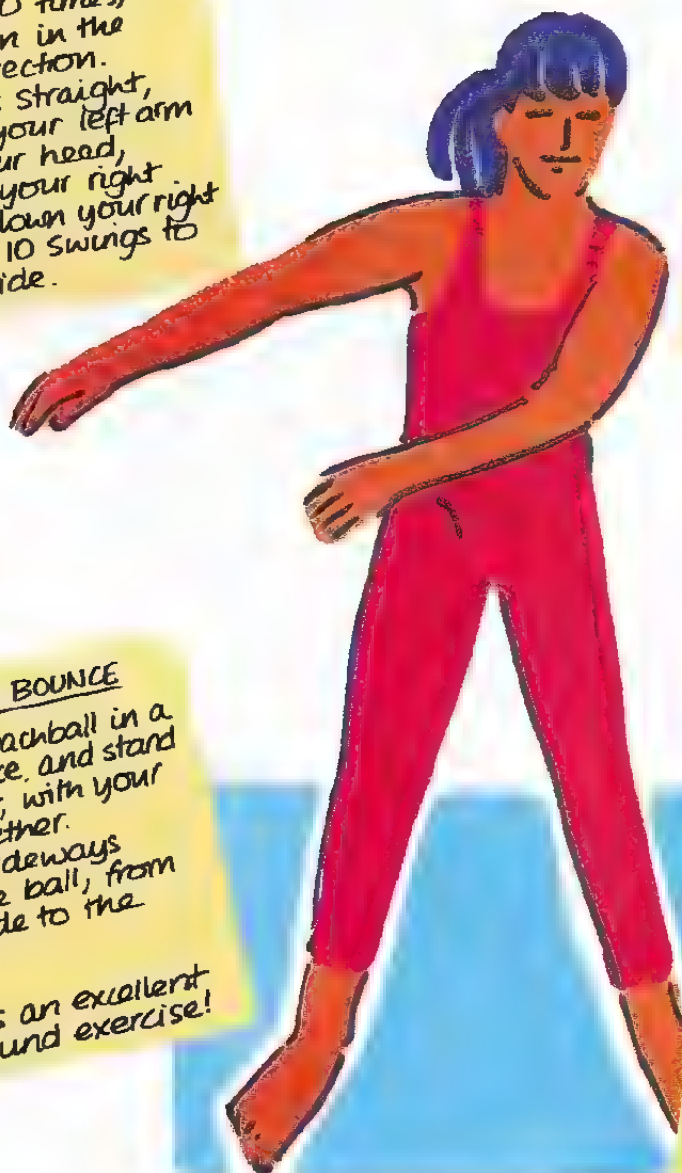
Jump sideways over the ball, from one side to the other.

This is an excellent all-round exercise!

### COOLING DOWN

Stand upright, with your feet slightly apart. Bend forwards slowly, pulling in your tummy muscles as you do. Flop downwards from the waist, with your knees slightly bent. Relax, return to standing position and repeat 5 times.

Cooling down is as important as warming up when you exercise, so don't be tempted to skip either of them. Warming up helps to prepare your muscles for action and cooling down helps to prevent muscle soreness, as well as allowing your pulse rate to gently return to normal.

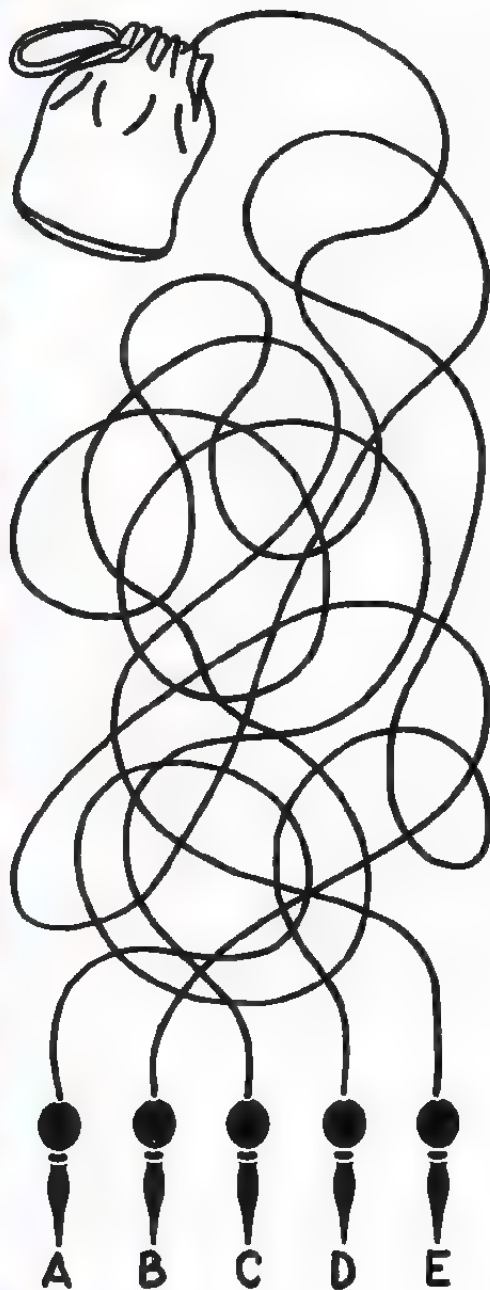


## PIT YOUR WITS AGAINST THESE SUMMER TEASERS!

### 1. CROSSED LINES!

Ooops! *Sindy's skipping rope has become tangled up with some others.*

*Which handle must she pick up if she wants to find the other end of the rope that's fallen from her bag?*



### 2. MIXED SALAD

*Unjumble the letters below to discover the exciting ingredients in Sindy's salad.*

DHREDSDE CUTELET

NEREG EPRPEP

DOCPEPH AOTMTO

ACVODAO RAEP

DEILSC INONO

ETGARD ORACRT

SERFH RESHB

OMELN CIUJE

# Summer

## 3. SHELL HUNT

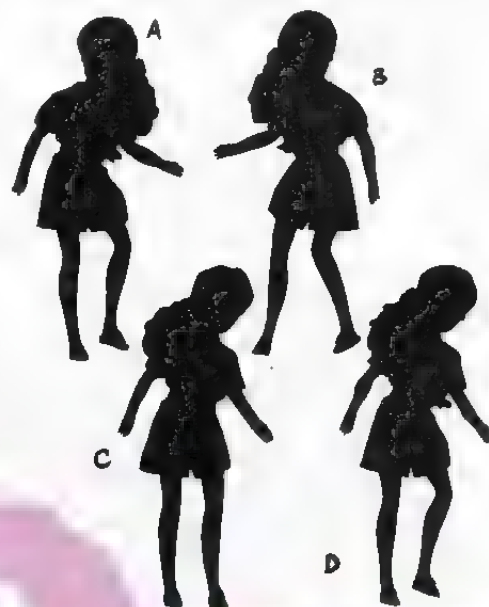
Help Cindy to find the following shells, hidden in the grid ...

CLAM	COWRIE
SCALLOP	CORAL
MUSSEL	PERIWINKLE
COCKLE	CONCH
RAZOR	BARNACLE
LIMPET	WHELK
OYSTER	

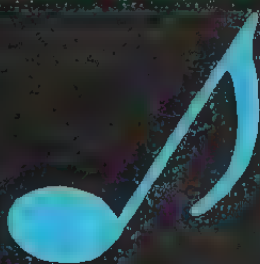
E	S	P	O	L	L	A	C	S	B
L	L	I	H	M	K	R	O	M	A
E	L	K	C	O	C	O	P	S	R
S	I	C	N	P	A	Z	A	S	N
S	M	W	O	I	M	A	L	C	A
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M	E	E	O	K	C	I	A	S	L
A	T	H	R	Z	L	A	R	S	E
C	O	R	A	O	Y	S	T	E	R
L	W	K	L	E	H	W	O	L	P

## 4. SHADOW PLAY

Only one of these shadows matches Cindy's silhouette exactly. Which is it?



# POP profile PEPSI and SHIRLIE



The one thing about pop duo Pepsi and Shirlie is that they seem to be having a lot of fun when they are singing. They love to move around a lot and enjoy having games with their fashions which have ranged from puffball skirts to self creations out of black dustbin liners.

"Let's face it," says Pepsi "if you are going to be making a living from music then you might at least have a few laughs or life would be terribly boring."

"This way we get a few giggles and our fans can realize that we aren't into spending vast fortunes on clothes that they'd have difficulty trying to copy because it would be beyond their pocket."

"I mean, take the bin liners, just about anyone with a bit of imagination could knock up something like that and have some fun doing it."

When the girls first decided that they were going to make records, everyone in the pop world thought that they wouldn't be a success. For years they had been the backing singers and dancers for one of Britain's most successful singing teams ever, George Michael and Andrew Ridgeley as 'Wham!'.



"I'd known George for years," says Shirlie, "since we were at school in fact. He and Andy once said to me that one day they would be famous and that I'd be right there along with them. Somehow I believed them and they proved themselves."

"I used to go dancing with them at our local club and that was really where myself and the original other dancer, D.C. Lee, did all of our groundwork. We'd create our own dancesteps so that we were better than anyone else."

When George and Andy took off and became megastars, Shirlie and her friend went along too and travelled the world, although D.C. Lee left after a while and Pepsi came in as her replacement.

"It's more fun with the clothes that we wear now," says Pepsi, "because now we get to choose what we want to wear, before that George always made the decisions."

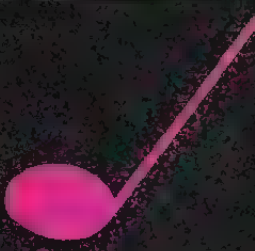


Shirlie says: "He wrote the songs and so he used to try and select clothes for us that would illustrate them. Sometimes we had some sticky problems, like the rubber dresses he once made us wear. They used to make us so hot and on stage under all of those lights we became like tropical fruit inside them, but they were different and the fans seemed to like them."

"Then there were the mini skirts. We liked those, but whilst they went okay in most countries when we did our tour of China we were the ones who felt frightened. All of the women there were wearing smocks and hardly even showing a bare ankle. There we were about to go on stage in these mini skirts that showed off most of our legs!"

"I remember standing in the wings on the stage and saying that I couldn't possibly go on like that, although in Britain you wouldn't think twice about walking down the street dressed like that. I just didn't want to offend anyone."

"But eventually I went out and performed like it and the audience loved it, so I felt a lot better!"





Shirley and Pepsi say that they were also used frequently as decoys for George and Andy. "We would step off the aeroplane and into a waiting car and speed to a hotel and the fans would think the boys were with us and follow. But then George and Andy would sneak off in another car!"

Shirley says that she and Pepsi knew well ahead of the rest of the people when 'Wham!' was going to disband and so they decided to launch themselves as singers.

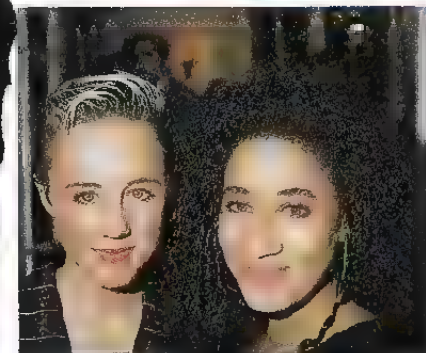
"We didn't ask for George's help and we're pleased that we did it on our own, and now the fans seem to treat us a lot more differently, the girls that is! The boys are still the same."

Believe it or not, boys are scared of Shirley and Pepsi. "They call out all kinds of things when we are on stage," laughs Shirley, "but if they meet us outside a theatre or in the street they just sort of freeze and don't know what to say. They get really embarrassed which can be quite funny at times."

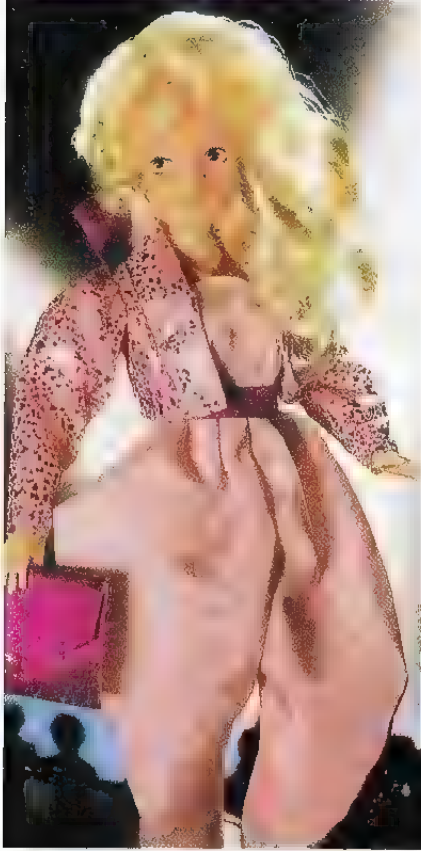
"As for the girls, when we were with 'Wham!' they used to hate us. We decided that it was because we were the ones with George and Andy and they envied us. So they'd throw things at us and sometimes they'd hit George whilst he was singing. Now that we are on our own most of the girls are really nice and want autographs or to talk about fashions and our travelling things like that! Since we've gone through that ourselves and know what it's like, we enjoy a chat!"

When they aren't recording or travelling to different countries both of them say that they like to spend sometime at home. "I've a close family," says Shirley. "So I'm always around there. I often do babysitting too."

Now the girls are working together on more songs and keeping their fingers crossed for more hit records!



# Design for Sindy!



**IT'S GREAT FUN  
DRAWING DIFFERENT  
DRESS AND OUTFIT  
DESIGNS FOR SINDY'S  
BUSY LIFE STYLE**

**WITH A LITTLE  
CARE, YOUR SKETCHES  
WILL LOOK REALLY  
PROFESSIONAL!**



## CHOOSE THE OCCASION

*Sindy's life is so action-packed, she needs a really versatile wardrobe. Why not select one part of it and practise that first?*

*We've chosen an outfit for a glamorous night out.*

## CHOOSE THE INSPIRATION

*Why not choose a certain style, like Madonna's, or Five Star's? Study pictures of what they wear and decide how you would draw their outfits.*

## CHOOSE THE POSE

*Variations on your designs will show up more if you use the same basic model pose. If you aren't very good at drawing Sindy, cheat a little and trace the outline from a picture.*

*Remember to try to put as much movement into the picture as possible.*

## MAKE THE MOST OF IT

*Exaggerating is half the fun of designing, so don't be afraid to go over the top a little with some of your designs.*

*If you want a short, frilly skirt, make it **very** short and **very** frilly!*

## DESIGNER DETAIL

*Beside each design, sketch an enlarged sample of the fabric you have in mind, showing the texture and pattern detail.*

*For evening wear, you're likely to choose smooth, shiny fabrics but remember how effective contrast can be and mix in velvet, lace, net, feathers ...*

## DETAILS! DETAILS!

*Remember to include jewellery, hair accessories, shoes, tights (patterned or plain?) and any bag she might carry.*

## COLOUR COUNTS

*A great deal! Be bold when you design and don't be afraid to put clashing colours next to each other, especially for evening wear.*

## FINALLY? THE NAME ...

*Select a fun, exciting name for your creation, suggesting the occasion it was created for.*

# Autumn Excitement!



*It's sad to say goodbye to Summer — but Autumn's a time of beginnings, too!*

*As crisp Autumn mornings put a spring in our step once more, it's time to make plans. New terms start a new year, with new friends to make and new courses to get to know.*

*School buzzes with the new Autumn fashion ideas and a whole new range of colours appear on the trees and in the shops! MMMM, I love planning my winter wardrobe, adding new shapes and colours to old favourites.*

*I still enjoy a run in the mornings but as the temperature drops, it's tempting to stay inside. That's why I change to my indoor work-out programme, which I'm sharing with you on pages 44 & 45.*

*Over the page, you'll find a fun new way to plan your wardrobe. It all depends on the time of year when you were born. You'll see what I mean . . .*

*With winter approaching, I'm always aware how important it is to include the right foods in my diet. That's why I often like to start a meal with a selection of fresh raw vegetables — carrots, celery, green and red peppers, mushrooms and cauliflower florets — cut into finger-sized or easy-to-manage pieces, served with a low-calorie dip.*

*It's a delicious starter — and it helps to build your resistance to colds and other illnesses!*





# Autumn Diary

When you've marked in  
birthdays to remember, don't  
forget Hallowe'en (Oct 31st)  
and Guy Fawkes (Nov 5th)!

## SEPTEMBER

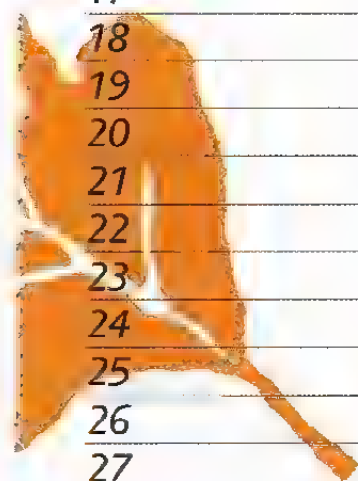
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## OCTOBER

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## NOVEMBER

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EVERYONE HAS STAR STYLE! MAKE THE BEST OF YOURS WITH . . .

THE SINDY GUIDE TO

# ZODIAC DRESSING

*Just check against your star sign for advice on how to develop your own particular heaven-sent style . . .*

## ARIES

March 21st — April 20th

*Your star colour is red, which suits your lively nature — and warns others to watch out for your energy-packed ways!*

*You're direct and uncomplicated and ambitious, wanting everything now. So streamline your wardrobe and make sure that you're ready to act in a hurry . . .*

*Unfussy, casual clothes are your best bet.*



*Red suits your lively nature.*

## TAURUS

April 21st — May 21st

*Shades of pink and blue keep you calm — try to avoid too much red!*

*You're a real lover of luxury and the good things in life, so go for natural fibres like cotton and wool and choose good-quality classics that will last. This will please the practical streak in your nature, too! Suits and matching*

*clothes will satisfy your love of harmony.*



*Choose good-quality classics that will last.*

## GEMINI

May 22nd — June 21st

*Geminis love two things — fun and change! You love all the colours of the rainbow but yellow suits you especially.*

*Try to find clothes that adapt to your quick-change life-style. Young, fun styles appeal and it's probably not worth investing in high quality classics, as you tire of your clothes and like to look up-to-date.*

*Try not to buy too much on impulse, though and make sure the appeal will last longer than the dash home to try your new purchase on!*



*You love all the colours of the rainbow.*



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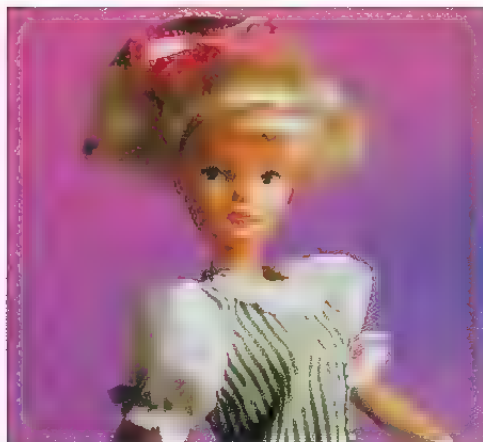
## CANCER

June 22nd — July 23rd

*You're fond of greens and greys and secretly worry too much about your appearance. No need — your charm and imagination bring you plenty of admirers!*

*When you shop, you tend to be cautious and thrifty and you prefer to stick to a few favourite outfits.*

*Dress to suit your feminine nature and avoid faddy looks, or you'll worry that people will think you're not what you seem.*



*Dress to suit your feminine nature.*

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## LEO

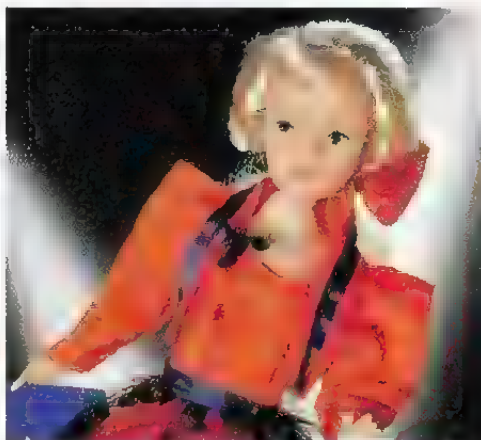
July 24th — August 23rd

*Golden yellow and orange reflect your outgoing nature best. You love company, luxury — and to be the centre of attention!*

*Make the most of your sense of drama — not everyone has the courage to dress as boldly as you, and so they never find out how good they can look. Not Leos, though, as you love any excuse to dress up and have fun.*

*Your loveable nature combined with your creative dress sense will have you turning heads wherever you*

*go but take care not to overspend, and resist the temptation to look into every mirror!*



*You love any excuse to dress up and have fun.*

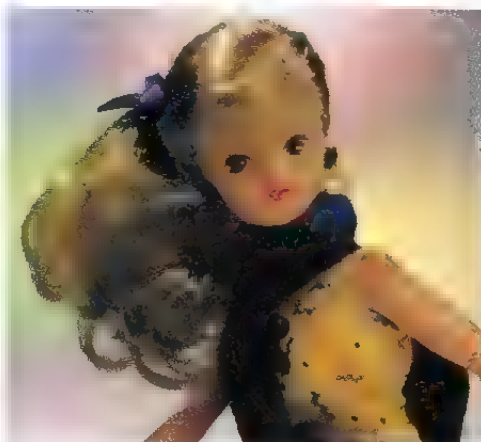
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## VIRGO

August 24th — September 23rd

*You're drawn to navy blue and dark shades in general, so try to add some brighter splashes of colour to your wardrobe.*

*Neatness matters a lot to you and you're always tidy and neatly turned out. You tend to be a very 'safe' dresser, so put your eye for detail to good use and update your outfits with up-to-the-minute accessories. That way, you can wear a favourite dress much longer, without looking dated!*



*Update your outfits with up-to-the-minute accessories.*



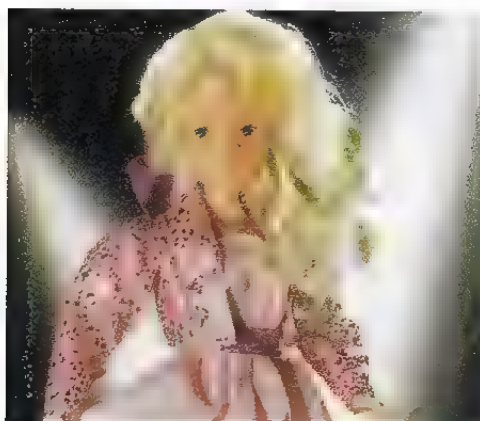
## LIBRA

September 24th — October 23rd

Pale blues and pinks appeal to your romantic nature. You like harmony rather than bright clashing colours and avoid fashion extremes.

You can be easily influenced, though, so don't believe everything the shop assistant says but rely on your own judgement.

Your love of company means you like to go out a lot, so look out for a versatile outfit you can wear to lots of occasions.



Look out for a versatile outfit.

## SCORPIO

October 24th — November 22nd

Dark reds, maroons and elegant shades are your natural favourites.

Your self-confidence means you can dress with an individual style — but don't be so suspicious of compliments! You have an imaginative approach to clothes and the looks to wear head-turning outfits.

Make the most of the glamorous side to your nature and your

confidence to wear something out of the ordinary.



Make the most of the glamorous side to your nature.

## SAGITTARIUS

November 23rd — December 22nd

Purples and dark blue appeal to the dramatic side to your nature.

You're outgoing and spirited and others love the sparkle in your eye when you're in the mood for fun!

Your confidence and lack of seriousness spill over into your dress sense — make the most of it! Be careful you don't go too far, though, and curb the slap-dash side to your nature. Take a last look in the mirror to check your hem — and are you sure those shoes go with that jacket?



Your confidence spills over into your dress sense.



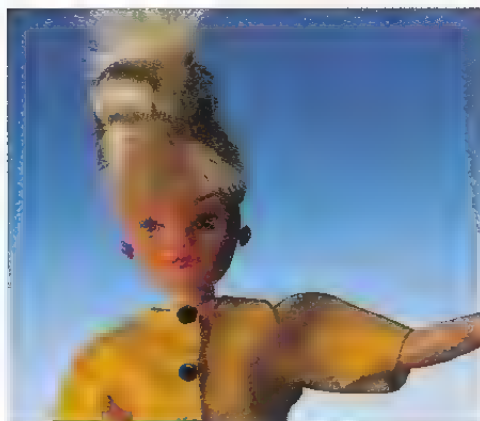
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## CAPRICORN

December 23rd — January 20th

*The serious side to your nature draws you to dark shades, blacks and browns. Take care this natural preference doesn't combine with your desire to be 'adult', to give you a staid appearance!*

*There are lots of ways to satisfy the traditional side to your nature and still stay fashionable. Try to bring a little more fun into your dress sense, as others will find you more approachable that way. Make the most of your natural grace, too!*



*Satisfy the traditional side to your nature.*

---

## PISCES

February 20th — March 20th

*Your sensitive nature draws you to soft sea greens and dreamy, feminine dresses.*

*You're dainty and sentimental and not very practical, so it might be best to take a friend when you go shopping for new clothes! Choose a dress that makes the most of your dreamy nature; tomboy outfits aren't really you, unless you're on a back-to-nature country ramble.*

*Feminine dresses will bring out*

---

## AQUARIUS

January 21st — February 19th

*Electric blue's for you! It suits your inventive, friendly nature and your occasional desire to shock!*

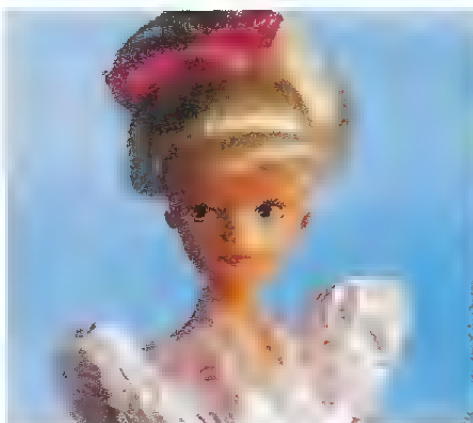
*You like to experiment with your appearance, so shop for outfits that can be worn in more than one way.*

*Your sense of independence means you don't like to dress like one of the herd — but take care you don't take this desire to stand out too far!*



*Shop for outfits that can be worn in more than one way.*

*your natural prettiness but keep an eye on current fashions too.*



*Make the most of your dreamy nature.*

---

*Now you've read about your own sign, why not have some fun and guess your friends' signs by the way they dress?*





# *The Sindy* **COSMETIC CHECK OUT**

All those bottles and tubes at the beauty counters — what on earth are they for? This guide explains what the names on the labels mean, and what the contents are designed to do...

Cosmetics are a funny business — half of the products are meant to keep you looking young and the other half are to help you look older!

In other words, some of them are designed to keep your skin in good condition, while the others help you to change your appearance, often in the season's latest colours.

This list explains the types of cosmetics and personal care available

## **ASTRINGENT**

A lotion designed to counteract oily skin, by closing the oil producing pores on your face. If it is too harsh, it can make matters worse, as your skin overreacts! Useful when teenage skin is oily.

## **BATH OIL**

Often scented and coloured, it is added to bath water to help stop your skin drying. Under-twenties don't need to worry about this problem yet!

## **BLUSHER**

Make-up for colouring your cheeks. It comes in powder form, to brush on, or as a cream to be applied with a damp sponge or your fingers. It's important to find the right colours to match your natural skin tones.

## **BUBBLE BATH**

A fun way to scent your bath water!

## **CLEANSERS**

Designed as an alternative to soap, to deal with daily grime and make-up. Some are applied with a tissue, then washed off with water, others are removed with toner. Especially useful for dry skin, as it can be kinder than soap. Cleansing bars look like soap and are used with water; cleansing milk comes in a bottle, to be applied with cotton wool or tissues.

## **CONCEALER**

A face-saver if you suffer from blemishes! Some are medicated and can be dabbed on carefully with your finger to help conceal a spot. A dab of natural face powder will help 'fix' the concealer.



### EYE DROPS

Designed to brighten your eyes, because they contain a slight blue dye, they aren't nearly as effective as an early night! If you are eating a healthy diet, your eyes will sparkle naturally.

### EYE-LINER

Make-up, usually in pencil form, to make the eyes look larger. This works best when the line drawn close to the lashes is smudged slightly, to give a less obvious effect.

### EYE SHADOW

Make-up applied to the eye-lids to make them look larger, or to emphasise their colour. The colours available range from subtle greys and browns to the rainbow bright fashion shades! The shadow comes in tubes or hard cakes, to be applied with a brush, or a careful finger.

### FACE MASK

Paste applied thickly to the face to improve its texture or help cure problems, such as spots or dryness. Some face masks dry hard before they are washed off, some remain moist — others are peeled off like a second skin! Natural face masks are less harsh (see pages 26 & 27).

### FACE POWDER

Usually bought as a hard cake and applied with a powder puff or a dry sponge. Powder is often carried in handbags to deal with a shiny nose or oily cheeks, by absorbing the oil that's causing the problem. Many powder compacts come with a little mirror in the lid.

### FACIAL SCRUB

Little grains, either bought in dry form to be dampened when used, or in a cream for easier use, they gently remove debris from the surface of your skin and help to prevent blackheads and spots. Should not be necessary until teenage years — and care should be taken not to over-use!

### FOUNDATION

Liquid make-up in skin tones, to help conceal any blemishes in the complexion and to be applied before blusher or any other make-up. Should be cleaned off thoroughly each night if worn, to allow skin to breathe. Care should be taken, too, to match the shade to the natural skin tone.

### HAIR GEL

Clear gel applied to the hair to make styling easier and to hold a style in place.

### HAIR CONDITIONER

Liquid applied to the hair after shampoo to make it easier to comb, and to add extra sheen.

### HAIR MOUSSE

Foam applied to the hair, either after washing or when it is dry, to give a style extra hold.

### HAIR SPRAY

An alternative to gels and mousse, look for the new pump-action containers, as they don't harm the atmosphere, the way sprays can.

### HAND CREAM

Designed to keep your skin supple and attractive. Use this when you wash up without gloves (better to use those gloves, though!) or in winter if your skin feels dry.



### KOHL

A form of eye-liner.

### LIP GLOSS

Usually available in small tubs and applied with the finger or a brush, gives a glossy sheen to lips, without altering their natural colour. Less 'obvious' than lipstick.

### LIPSTICK

In push-up or twist-up tubes, they're available in lots of shades and need careful application to look good.

### MASCARA

Usually in black, brown or navy blue, it is brushed on to the eye-lashes to darken them. Some contain fibres to add length to the lashes. Some makes need special remover, as soap and water won't wash away the waterproof varieties!

### MAKE-UP REMOVER

As important as make-up if you don't want to cause yourself skin problems! Soap and water is sometimes enough but often make-up remover does a better job of cleansing.

### MOISTURISER

Important for skin as it ages, as it slowly becomes drier — and wrinkles appear!

Moisturiser is especially important after you've been in the sun or wind, as both are very drying. Well-cared-for skin needs less make-up as you grow older. Don't forget your neck! Special moisturising cream is available for the very delicate skin around your eyes.

### MOUTH FRESHENER

They come in tablet or spray form and also as a mouth wash. They're a good temporary solution — after a spicy meal but if you think you have bad breath, see your doctor or dentist, as that means you may have a slight problem with your health or your teeth.

### NAIL POLISH

Available in a range of pinks and reds — and fun colours! They add a bit of colour to your hands. Your nails should be in good shape, though. If they are soft and break easily, you could try a clear, nail-strengthening polish. Also known as nail varnish.

### SHAMPOO

A liquid soap solution to clean your hair. Buy a type to suit your hair — dry, normal, greasy, or your life style — frequent wash if you swim a lot, or anti-dandruff if you have a problem. Some now contain conditioner.

### TONER

A lotion designed to remove traces of soap or make-up remover from the skin after cleansing and before moisturising.

### TALCUM POWDER

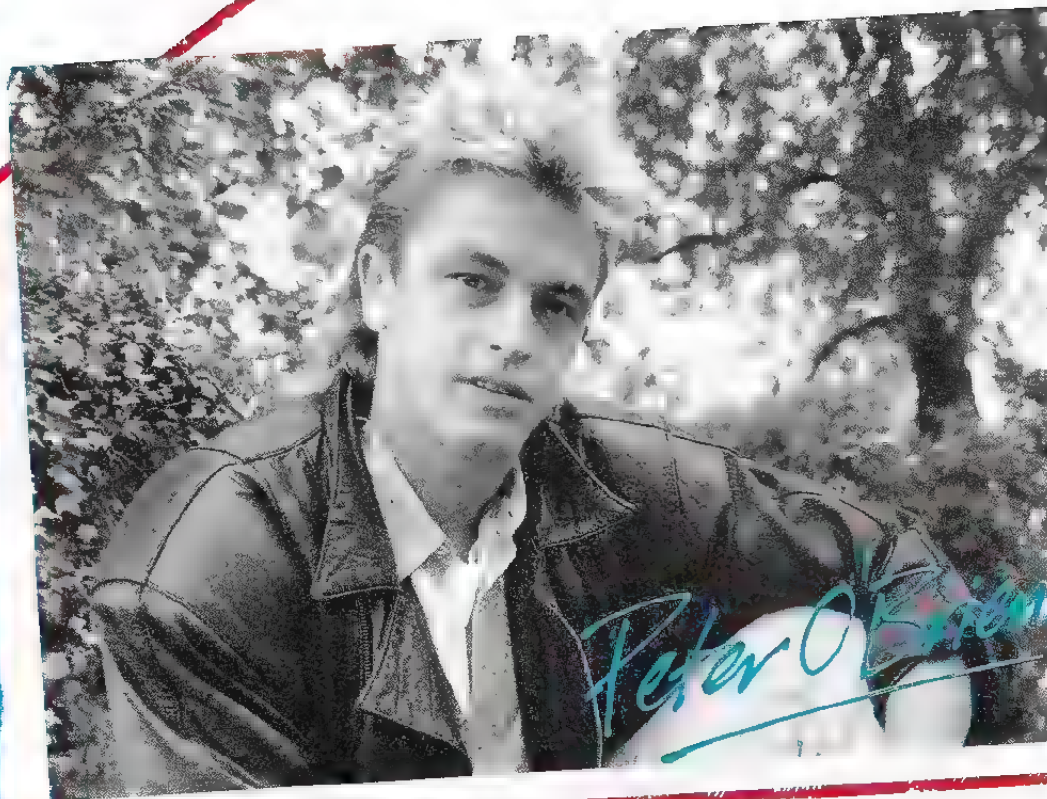
Often shortened to talc, it's a light powder, often available in a favourite scent, to be sprinkled on after bathing or washing. It helps to keep you feeling fresh.

### TOOTHPASTE

Properly used with a good toothbrush, it should keep your teeth trouble-free, your mouth fresh and your smile sparkling! If you aren't sure about the best way to brush your teeth, ask your dentist and he'll be happy to help.

There you have it! To look your best, it's never too early to learn to care for your skin, teeth and hair. That way you won't need make-up. Leave that to the people who need help..!

# PROFILE



When Peter O'Brien, who plays Shane in the hit television show 'Neighbours', came to London he was amazed at the reception that he received.

"I love the fresh open air life," he says, "and really didn't think it would be any trouble going for a stroll. So I left my hotel and went out to the park only to find that practically everyone recognized me and I was deluged by autograph hunters.

"So I had to rush back to my hotel. This is all a bit strange for me, because in Australia I hardly spend any of my time indoors at all.

"Most people in my country live on the beach in the sense that all the towns and cities are on the coast. So beach barbeques, swimming, surfing and water sports are part of our every day lifestyle."

Peter is also starring in the series 'The Flying Doctors',

and says: "Playing the role of pilot Sam Patterson is a lot of fun, but the trouble is that in real life I'm terrified of flying. To try and combat my fears I've even been trying out a few flying lessons, but in the series I try to stay on the ground as much as possible."

His acting career started quite by accident.

"I tried to break into acting, but it was difficult after I left University," he says. "I did some teaching in school and then decided that I needed a break from it.

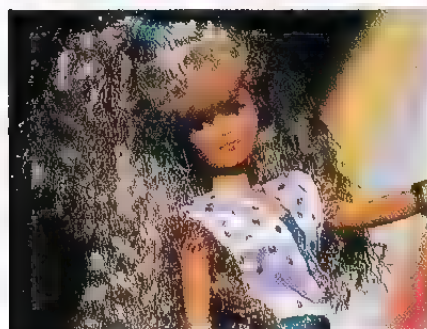
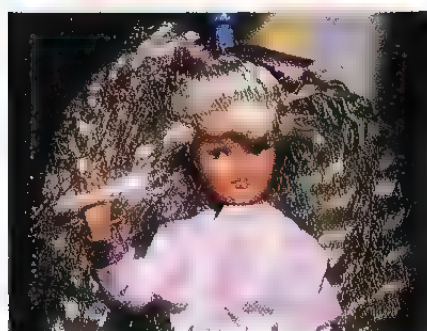
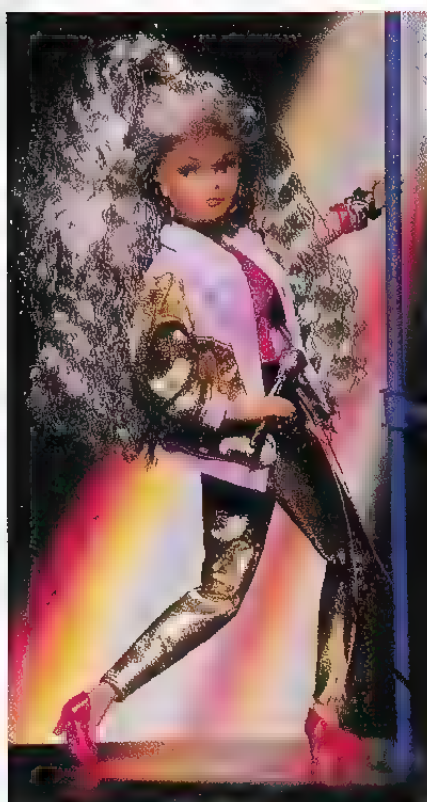
"So I left my job and travelled up the north west of Australia where I managed to land a job working on a dry oil rig. Before I'd gone up there I had done a number of auditions for television stations but hadn't heard anything from them.

"The new job went fine, but then we were told that there was to be a hurricane heading our way and that

everyone ought to clear out of town. I took a bus ride to another town some miles away where I had some relatives and when I got there I discovered that my parents had been trying to get in touch with me because one of the television companies had chosen me for their new series. It was 'Neighbours', but because I'd been out of touch for a long time I had only four days to get back to start filming. There was a bus and train strike, no planes and I was desperate. But I eventually made it just in time and I'm pleased I did, because 'Neighbours' and the rest of the people in it like Jason Donovan, Charlene Fenn and Kylie Minogue are great to work with."

Whether Peter is going to follow in Kylie's footsteps and make a record we'll have to wait and see. But he certainly has the pop star looks with his long blond hair and suntan!

# ARE YOU A MADONNA OR A MOUSE?



**TRY OUR FUN QUIZ  
AND DISCOVER  
WHETHER YOU'RE A  
SUPERSTAR OR A  
SHRINKING VIOLET!**

**1. Which description of an evening appeals to you most?**

- a. An expensive night out at a new show with a friend;
- b. A slap-up supper and your favourite TV show with your family;
- c. A pizza and a gossip with your mates.

**2. Which holiday would you pick?**

- a. Two weeks camping with your chums;
- b. One week abroad with your family;
- c. One week ski-ing with a best friend.

**3. Which animal would you most like to be? Place them in order.**

- a. A horse;
- b. A tiger;
- c. An otter.

**4. How would you decorate your bedroom if the choice was yours and money no problem?**

- a. Lots of posters, bright duvet cover and curtains;
- b. Pale grey walls, high-tech, modern furniture;
- c. Pine furniture, white walls and tie-back curtains.

**5. A friend asks to borrow money but she hasn't repaid the last loan. You say:**

- a. "Sorry, I'm broke," even if you aren't;
- b. "That reminds me — you owe me £1.50!";
- c. "How much do you need?"

**6. You're given the present of money to spend on clothes. Which would you choose?**

- a. Separates that go with clothes you already have;
- b. Designer jeans and well-cut sweat-shirt top;
- c. A head-turning party dress.

**7. It's your best friend's birthday but you're broke. You:**

- a. Borrow money from your mum and buy her a small gift;
- b. Pretend you forgot and promise to get her something 'soon';
- c. You bought her a record you know she wants weeks ago, so there's no problem.

**8. You're offered the chance to appear on TV. You choose:**

- a. The chance to compete on a game show for the fun and the prizes;
- b. A small part in *EastEnders* for the chance to see the stars;
- c. To co-present a show with Phillip Schofield for the chance to meet him and you'd be on for ages.



## HOW DID YOU SCORE?

To find out whether you have star quality, add up your score from the table below, then read the description that fits your total...

- |                   |                  |
|-------------------|------------------|
| 1. a:1; b:3; c:2  | 5. a:1; b:2; c:3 |
| 2. a:2; b:3; c:1  | 6. a:3; b:2; c:1 |
| 3. a:3; b:1; c:2* | 7. a:3; b:1; c:2 |
| 4. a:2; c:1; c:3  | 8. a:2; b:3; c:1 |

\*This is a trick question. Your first choice is how you would like to be seen, your second choice is how you are. Count your second choice only

### If you scored 8 - 12 points

Congratulations, you're a solo star! You love to be the centre of attention and going to the best places in the best outfits is important to you. You aren't shy but the lower your score the more important it is to remember that family and friends are important, too. Otherwise you might find yourself all alone when the show's over...

### If you scored 13 - 17 points

Your kind of stardom would be as a member of a group — the bigger the group, the more fun for you! Friends are important to you and you love to spend time with them, exchanging ideas and having a good time. Don't be afraid to stand out from the crowd once or twice, though. Try a solo number from time to time!

### If you scored 18 - 24 points:

Your idea of perfect stardom would be as a member of a family group like 5 Star! And the higher your score, the less you'd mind if your place was only backstage! You love your family and are happy to spend your time with them, which is great. But don't be afraid to make yourself heard; it all adds to the harmony!

# Wonderful Winter!



**A wonderful time with family and friends — and a time to look forwards, and back ...**

*The weather may be at its worst but this is no time to stay indoors! There's Christmas shopping and parties, the celebration of the New Year — and all that wonderful snow!*

*Don't you love writing Christmas cards? Even if I end up running out of time and have to scribble a message to my friends, I love choosing (or making) special cards — it's as much a part of the festive season as decorating the house! When you decorate your room this year, why not choose a special theme or colour scheme (red, green, gold and silver look especially Christmassy)?*

*When you're making your Resolutions, why not have a look at some of mine? I've written them out for you on pages 58 & 59.*

*Oh, and I don't forget my exercises . . . they're especially important, with all those tempting treats around! I make sure I have plenty of fresh food, too, with a crunchy winter salad. I add herbs, seeds and nuts to coleslaw, bean sprouts, cheese and rice or pasta, with a tasty dressing of fruit juice or lemon juice and natural yoghurt. Grated carrot adds colour as well as vitamin C!*



# Winter Diary

Who could forget Christmas  
and New Year's Day? Take  
care not to forget birthdays  
in all the excitement!

## DECEMBER

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## JANUARY

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# Make it for



*Christmas needn't be an expensive time if you make gifts and decorations yourself!*

## GIFTS TO MAKE

### PERSONAL PICTURES

With a few scraps of material and a piece of firm card, you can create a picture of a favourite scene.

Borrow a photo of a favourite view, perhaps taken on holiday, without the person knowing if possible.

Study the pictures and copy out the skyline, shoreline (if there is one), the size and shapes of trees, buildings etc. With old dress-making scraps and bargains from the oddments bin in the fabrics department of stores, copy the photograph to the size you want it for your picture.

Start with the background and work forwards, creating more details as you get to the front of the picture. Add final details with strands of wool. Flowers can be added with scraps of a floral print. Stick down each piece of material when you are happy with the shape and position.

For an unusual frame, why not create a round picture on material instead of card, and use an embroidery hoop as a frame? Trim off extra fabric at the back once the hoop is tightened.



### LITTLE BOXES

Everyone needs something to keep their bits and pieces in, from hair slides to nails and screws, so why not make a personal box for everyone?

Buy a plain box and carefully stick cut-out pictures round the sides and on the lid. Choose flowers for your mum or sister, trains, dogs or views for your brother or dad, and a favourite pop group or ponies for your friend. Try to find pictures of their hobbies and interests.

When the glue has dried, varnish the box and lid. Apply several coats to protect the pictures.

### TOKENS FOR TIME

If you aren't very good with your hands and you're in the middle of a Christmas cash crisis, why not make your family the gift of your time?

Design a booklet of tokens for everyone, which they can cash in with you whenever they want! You could give them washing-up tokens, car-washing tokens, dog-walking tokens and so forth, which they can cash in for the task mentioned on the token.

Remember, for this to be a **real** gift, no moaning when the time comes for you to do the job — even if your favourite programme's on TV!

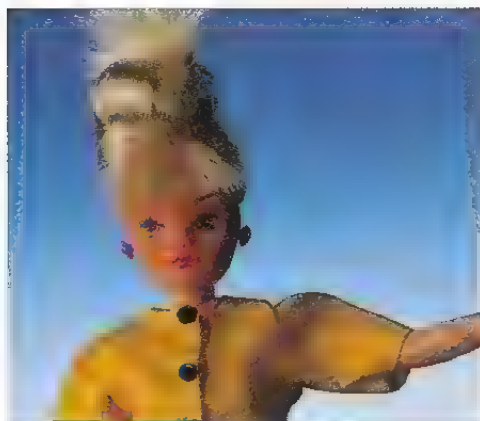
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## CAPRICORN

December 23rd — January 20th

*The serious side to your nature draws you to dark shades, blacks and browns. Take care this natural preference doesn't combine with your desire to be 'adult', to give you a staid appearance!*

*There are lots of ways to satisfy the traditional side to your nature and still stay fashionable. Try to bring a little more fun into your dress sense, as others will find you more approachable that way. Make the most of your natural grace, too!*



*Satisfy the traditional side to your nature.*

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## PISCES

February 20th — March 20th

*Your sensitive nature draws you to soft sea greens and dreamy, feminine dresses.*

*You're dainty and sentimental and not very practical, so it might be best to take a friend when you go shopping for new clothes! Choose a dress that makes the most of your dreamy nature; tomboy outfits aren't really you, unless you're on a back-to-nature country ramble.*

*Feminine dresses will bring out*

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## AQUARIUS

January 21st — February 19th

*Electric blue's for you! It suits your inventive, friendly nature and your occasional desire to shock!*

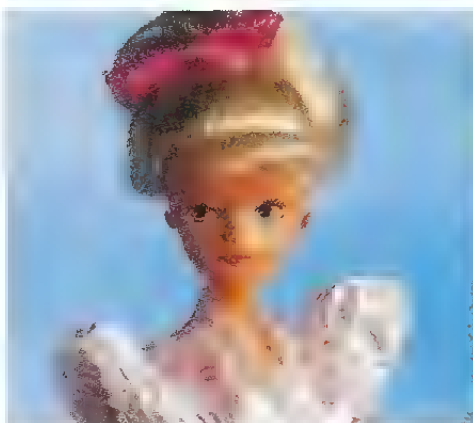
*You like to experiment with your appearance, so shop for outfits that can be worn in more than one way.*

*Your sense of independence means you don't like to dress like one of the herd — but take care you don't take this desire to stand out too far!*



*Shop for outfits that can be worn in more than one way.*

*your natural prettiness but keep an eye on current fashions too.*



*Make the most of your dreamy nature.*

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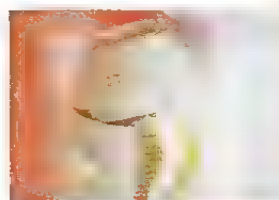
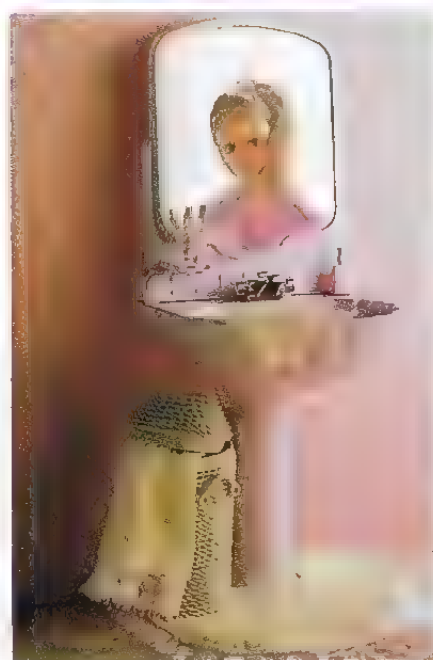
*Now you've read about your own sign, why not have some fun and guess your friends' signs by the way they dress?*





# BATHROOM

## BEAUTY IN THE



*It's time to book yourself into the bathroom  
and give yourself the beauty salon treatment!  
Here's how ...*

*First make sure you can have at least half-an-hour without interruption in the bathroom!*

*Now assemble your bathroom beauty kit:*

- Towels, for yourself and your hair
- Face pack — to suit your skin type\*
- Cleanser\*
- Body lotion — baby oil is inexpensive
- Nail clippers and emery board
- Shampoo and conditioner — to suit your hair type\*
- Body rub\*
- Bath herbs — tie some dried lavender in muslin
- Textured bath mitt
- Pumice stone

*\*Buy in advance or make your own, using the recipes on pages 26-27*

*Now you have everything you need and you're sure you can relax in peace, start by slowly running the bath. The steam will help you to get the most of your treatments by gently opening your pores.*

*Run a warm bath, not a hot one, as this is better for your skin and experts agree it helps you to relax more. If you're feeling tense, tie a muslin bag containing dried lavender so that it hangs from the taps in the water. This will help you to relax. If your skin is dry, add a little baby oil to the bath water — be sure to clean the bath properly afterwards!*

*Shampoo and condition your hair thoroughly. Don't rinse the conditioner out yet; instead, wrap your hair in a spare towel, to give the treatment extra time to work.*

*Now that your hair is away from your face, cleanse your skin and apply a face pack that suits your skin type. Make sure you avoid the delicate skin around your eyes. If you love to soak in the bath, rinse off the pack before you bathe, or you may be tempted to leave it on too long and end up with a dry irritated complexion. If you're a fairly speedy bather, now's the time to take the plunge!*

*When you're in the bath, now's the time to speed up your circulation and improve your skin. Use your body scrub now, or rub yourself all over with your textured wash mitt. Your skin should feel tingly and alive!*

*When your skin is softened by the warm water, it's the ideal time to deal with hardened skin on your feet. Rub gently with a pumice stone and a little soap at the problem areas on the balls of your feet and around the heels. Don't over-do it, though!*

*Time to come out, so rinse yourself down with cool water, then pat yourself dry and wrap yourself in a big, warm towel, so you don't feel cold. Rinse off the face pack if you haven't already done so.*

*Your nails will be soft and easy to cut, so trim your finger and toe nails, cutting your toe nails straight across. Add finishing touches later with an emery board, always filing in one direction, not in a sawing motion, which weakens your nails. Gently push back the cuticles around your nails while the skin is still soft, as this will prevent painful and unsightly hang-nails.*

*Rinse your hair and wrap it in a fresh towel. Now treat your legs and feet to some body lotion and do the same for your arms, neck and hands. If you have dry skin, don't forget a little moisturiser for your face.*

*Now put on some warm clothes, dry your hair and complete your relaxing evening with your feet up! (Don't forget to leave the bathroom as tidy as you found it though. That way you can book yourself a regular bathroom beauty appointment!)*

# Get in Shape for **WINTER**



It isn't quite winter yet in your diary but it's getting colder and more tempting to sit huddled in the warm.

Feel really alive by exercising regularly. That way your circulation speeds up and you don't feel cold!

You'll be glad you did when it comes to putting on your party dress!

### WARMING UP

Choose a lively exercise sequence for the colder months and start off by running on the spot... Land gently on your toes to avoid stiff calf muscles later

### SHOULDER SHRUGS

Loosen your shoulder muscles by standing with your feet slightly apart and your hands by your sides. Lift your left shoulder up to your left ear. Now drop your left shoulder and raise the right one to the right ear. Repeat each shoulder lift 4 times.

### SWING BACKS

Still with your feet apart, hang your head and arms forwards and down, your shoulders relaxed. Bring your head and shoulders slowly upwards, arching your back. Bring your hands up and back, with your palms facing outwards. Try to make the backs of your hands meet behind you. Return to first position and repeat 5 times, breathing in as you go up, out as you come forwards again.



### COOLING DOWN

This simple yoga stretch is an excellent way to help your body relax and cool down.

Lie on your back, bend your knees outwards, press the soles of your feet together and let your thighs relax outwards and downwards. Relax your inner thighs and press the small of your back to the floor. Relax and repeat. Breathe slowly and deeply.

Now - don't you feel great?

### JUMP TO IT!

It's time to jump to it, swinging your arms out to the right as you twist your body to the left. Now jump, twisting your body to the right and swinging your arms to the left.

Repeat these two movements 10 times.

# THAT'S WHAT FRIENDS ARE FOR!

**THEY'RE FOR THE GOOD TIMES AND THE BAD, FOR SHARING SPECIAL MOMENTS — WHERE WOULD WE BE WITHOUT THEM?**

## **WHAT MAKES A FRIEND?**

*Sounds a simple question — but think about it. When does a chum become a friend and why?*

*Sharing's important, and trust. You can laugh and have fun with your chums but would you tell them your secrets?*



## **TWO WAY TRUST**

*We all love a gossip and the chance to pass on something others don't know but for a friend, keeping confidences comes first. If you're asked to keep a secret, do, because the first confidence a friend betrays is also the last — trust is broken and a friend lost.*

*If you show you're a friend to be trusted, your friend will do the same for you.*

## TWO'S COMPANY

*When things are going wrong, it's great to have a friend to turn to. You can tell her what's happening, how unfair life is, your worries — and find it's true that a problem shared is a problem halved.*

*Even if the problem isn't solved, it won't seem half so bad, now you've talked it over!*

## IT TAKES TIME ...

*If you're new to an area, or join a group where you don't know anyone, you'll find it's easy enough to get along with others — but who will turn into a good friend?*

*Take your time about making up your mind, just as the others will be doing about you! Once the novelty wears off, you'll find out what the others are really like, and who you get on with best.*

## FRIENDS FALL OUT

*Everyone does, so it's bound to happen sometime to you!*

*Making friends again is often just a matter of saying sorry. Being the first to make the move may not be nice but it's better than losing a friend!*



## THE GOOD FRIEND GUIDE

*Good friends . . .*

- are loyal
- keep confidences
- share
- take care of what they borrow
- cheer each other up when they're down
- shop together
- set up projects together
- talk over problems
- tell each other what others won't — tactfully
- keep each other out of trouble
- keep in touch when they're apart
- aren't jealous of other chums
- remember birthdays
- are for life!



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# RESOLUTION REVOLUTION



**Resolutions are easy to make — and easy to break!**

**These simple resolutions can easily be worked into your regular routine. That way, they're easier to stick to and soon they'll be second nature.**

**Read on for twelve top tips to a naturally beautiful you...**

1. Plan your bedtime so that you have at least eight hours sleep each night if possible. Sleep is very important for your health and for your complexion and hair.

2. Make a special chart or diary for your exercise routine, hair appointments etc. It will help you take positive action, and chart your success!

3. Plan to exercise at least three times a week, either with an exercise routine, or a sport such as swimming. Try to keep to a regular time and keep some lively music handy!



4. Avoid lifts and escalators where it's possible. Climbing stairs is excellent exercise and helps to keep your body toned.

5. Make a regular appointment to have your hair cut or trimmed. Experiment with new styles.

6. Carry a comb or small brush in your bag and be ready to tidy your hair at lunchtimes or after exercise.

7. Take care of your teeth — they have to last a lifetime! Renew your toothbrush regularly.



8. Take care of your hands so they grow more beautiful. If you bite your nails — stop! File your nails with an emery board, to get rid of tempting rough corners. Always file in one direction, to avoid weakening your nails.

9. Learn the skincare routine — Cleanse, tone and moisturise. Depending on your skin type, you may only need to wash with soap and rinse your face thoroughly. A light application of moisturiser will keep your skin supple.

10. Eat plenty of fresh fruit for shiny hair, sparkling eyes and lovely skin.

11. Drink several glasses of water each day. Most people don't drink enough water and their skin suffers.

12. Set aside some time to relax before you go to bed. Sit and read a book, listen to music, or do some relaxing exercise — nothing too lively! That way, you'll be ready for bed — and your beauty sleep!

## SPRING-CLEAN CHAOS!

*The sun visor, large shoulder bag and green shoes go together.*

*The blue beret, blue and gold shoulder bag and blue shoes go together.*

*The white and pink hat, pink bag and pink shoes go together.*

*Sindy would wear the first selection sightseeing in Rome; the second set for her lunch date in Paris and the third set to visit Ascot.*

## BEAUTY QUIZ

1. False — Ask your mum the difference between baking and frying and she'll explain what the oil will do to your skin!

Make sure you use a proper tanning product that protects your skin from the harmful effects of the sun. This is one time when home-made recipes **don't** work.

2. False — When your skin goes pink, it means it has been damaged by being in the sun too long. Your skin can repair itself but you'll probably peel, so if you notice you're going pink, move to a cool seat in the shade.

3. True — Wrinkles round the eyes can be the result of squinting because of the sun. Good sunglasses will mean you don't need to do this.

4. False — You risk burning if you wear scent in the sun, because of the ingredients. Save the scent for the evenings.

5. True — whether you swim in the sea or a pool, the salt or chlorine can dry out your hair, causing split ends and a straw-like feel and appearance. Comb a little conditioner through your hair if you're going to be in and out of the water all day.

# PUZZLE & QUIZ SOLUTIONS

## SUMMER FUN

**Crossed Lines**  
Handle C

**Mixed Salad**  
The ingredients are:

shredded lettuce  
sliced onion  
fresh herbs  
chopped tomato  
green pepper  
avocado pear  
grated carrot  
lemon juice

**Shell Hunt**

E	S	P	O	L	A	C	S	B
L	L	I	H	M	K	R	O	M
E	L	K	C	O	C	O	P	S
S	I	C	N	P	A	Z	A	S
S	M	W	O	I	M	A	L	C
U	P	O	C	O	W	R	I	E
M	E	E	O	K	C	I	A	S
A	T	H	R	Z	L	A	R	S
C	O	R	A	O	Y	S	T	E
L	W	K	L	E	H	W	O	L

**Shadow Play**  
Sindy's silhouette matches shadow D

## POP QUIZ

1. Rick Astley
2. Madonna
3. T'Pau
4. Bubbles
5. Terence Trent d'Arby
6. Norway
7. Brothers
8. Kylie Minogue
9. Eurythmics
10. George Michael





SINDY YEARBOOK 1989

# Sindy<sup>®</sup>



GRANDREAMS

